



LEON COUNTY
BOARD OF
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Healthy food choices for you and the planet

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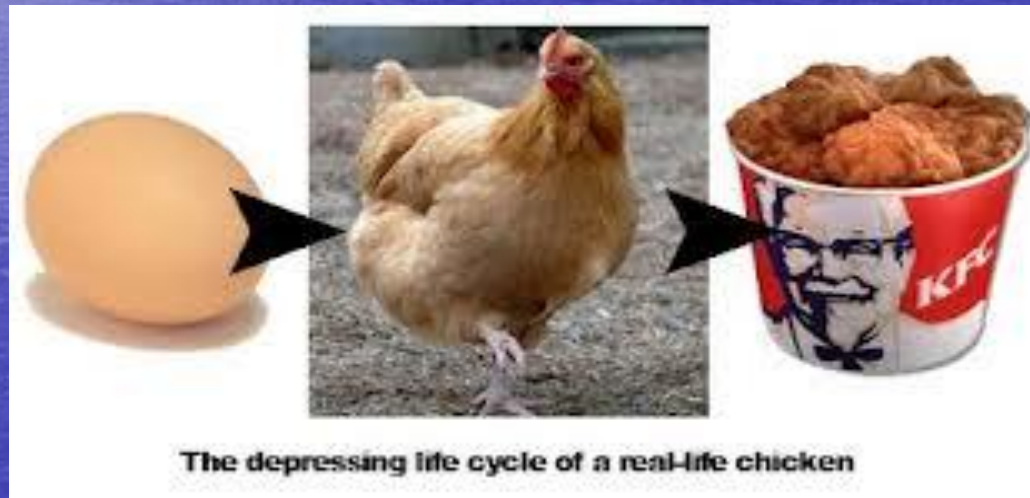
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Eating Lower on the Food Chain

For Improved Health, Energy and Environment

Think About Energy Input per Kcal (especially re: protein)



Energy Ratios* to Produce 1 Kcal of Food

Pimentel, et al, 2008

- Beef: 40:1 (much more efficient when cattle are grazed, as with organic farming)
- Pork: 14:1 (with one kg of meat requiring ~6 kg of grain)
- Chicken: 4:1 (with one kg of meat requiring ~2.3 kg of grain)
- Milk: 4:1 (kg requires .7 kg grain +1 kg of hay)

*Relative fossil fuel inputs per kcal

Carbon consumption/production is only part of the problem...

:: FOOD :: WATER USED ::



Glass of Milk	52.83 Gallons
Cup of Coffee	36.98 Gallons
Bag of Chips	48.87 Gallons
Slice of Bread	10.57 Gallons
Egg	35.66 Gallons
Apple	18.49 Gallons
Hamburger	634.00 Gallons

What is a “Complete Protein?”

- Full complement of amino acids: Rule of thumb for healthy adult -- .8 g protein per kg body wt.
- Animal flesh and products considered to have “high biological value” protein
- But legumes and beans are pretty good, too, in combination with grains that complement the low or missing amino acids.



Good Food Combinations for (Complementary) Amino Acids

- Rice and beans, pea soup and toast, lentil curry and rice
- Pasta and cheese, rice pudding, cheese sandwich
- Garbanzo beans and sesame seeds; hummus as dip, falafel, or soup

BUT, complements don't have to be at the same meal to be sufficient!

SEE: <http://groundswellcommunity.org>

-- Recipe for the Earth and You – courtesy Mike Brezin

True or False: You Have to Eat Meat and/or Animal Products to Get All the Protein You Need to be Healthy...

- Not necessarily! Ask Bill Clinton...
- Vegan alternatives include:
 - Soy products (tofu, tempe, soy milk, and varieties of soy products – ideally organic)
 - Seitan (textured gluten)
 - Combinations of grains and legumes
 - Quinoa (sorry Bolivians!)
 - Nuts and seeds, e.g. Hemp, chia (they make nice pets...)
 - Nutritional yeast



How does eating lower on food chain benefit your health?

- Typically lower in sat fats, so cardiovasc. benefits
- Reduced cancer rates for people who eat less red meat (esp. colon, breast cancer)
- Higher Total Antioxidant Capacity
- Better environment = better health overall
- Feeling better, more energy, “cleaner” (although it IS true that some people really do need more high-quality protein)

Healthful Eating for Self and Planet Considers

- Local
- Organic (which includes whether food is genetically modified)
- Nutrient density (v. caloric density)
- More efficient for people to eat plants DIRECTLY



Other Issues to Consider:

- Climate change
- Effects of ag chemicals on people and environment
- Humanely produced food– farmworker rights, animal welfare
- May be eating more insects in the future???

